

#148 WRITE A STORY TO GO WITH THIS TITLE:TITLE: GAMES WE SHOULDN'T PLAY

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Allow me to assess these questions in connection with my own experiences.

Person 1: Have you ever played the Gaslighting Game? Manipulating others to doubt their own perceptions and reality?

Person 2: Yeah, I've done that with my man. I'd twist his perspective of our relationship, playing on his insecurities and facing things but manipulating with my inferiority complexity through my words.

Person 1: What about the Silent Treatment Challenge? Ignoring someone as a form of emotional control?

Person 2: Oh, definitely. I didn't talk to one of my cousins for nearly 2-3 years. Whatever the reason might be, I could control it, although I wanted to speak, my ego stopped me.

Person 1: Ever tried Projection Play? Blaming others for your own insecurities or faults?

Person 2: Absolutely. With one of my best friends, I felt insecurities and faults, even if some were mine. I still blame her, even today.

Person 1: Mind Reading Match – assuming and knowing what others are thinking without communication. Do you do that?

Person 2: Usually, I don't, but in my relationships, I used to assume a lot. I'd think about how people treated me, suggested things, and judged me without communication, many times.

Person 1: What about Emotional Hot Potato? Passing off responsibility for emotional reactions onto others?

Person 2: Till some stage, I was eager to find a job and be self-reliant. But I lost interest and transferred every responsibility to my younger brother, who's taking care of my family now.

Person 1: Guilt Trip Quest – making others feel guilty for your needs or mistakes. Ever done that?

Person 2: Back in school, if someone made me cry, I'd bring up my disability struggle to make them feel guilty. I remember doing it with my grandmother and a classmate.

Person 1: Double Standards Dilemma – applying different rules to yourself and others without justification. Sound familiar?

Person 2: Yeah, nowadays in my relationship. But with my best friend before, I knew it was wrong to ignore their flaws, but I thought they're my friends, and no one had the right to question them.

Person 1: Pity Poker Championship – garnering sympathy as a perpetual victim. How skilled are you?

Person 2: When chatting with new people, I often mention my disability not to be taken advantage of and to get their sympathy. I've even joked about having bond cancer and dying within six months to gain attention.

Person 1: Comparison Clash – constantly comparing yourself to others for a sense of superiority or inferiority. Do you do that?

Person 2: I don't expect a normal girl's life, but if I compare, it's usually with my best friend. Not exactly like her, but seeing how she is with my parents makes me jealous, especially the physical touch with my amma.

Person 1: Blame-Shift Bonanza – smoothly redirecting blame onto others to avoid accountability. Familiar?

Person 2: Oh, definitely. In my school days, if my parents hurt me, I'd bring up past incidents, shouting, crying, and blaming them, making them forget the situations they hurt me without their knowledge.

We may have encountered various situations in our lives, experiencing a range of emotions. It's important not to get stuck in any one emotion but instead, embrace the diversity of life and gain valuable experiences from each moment.